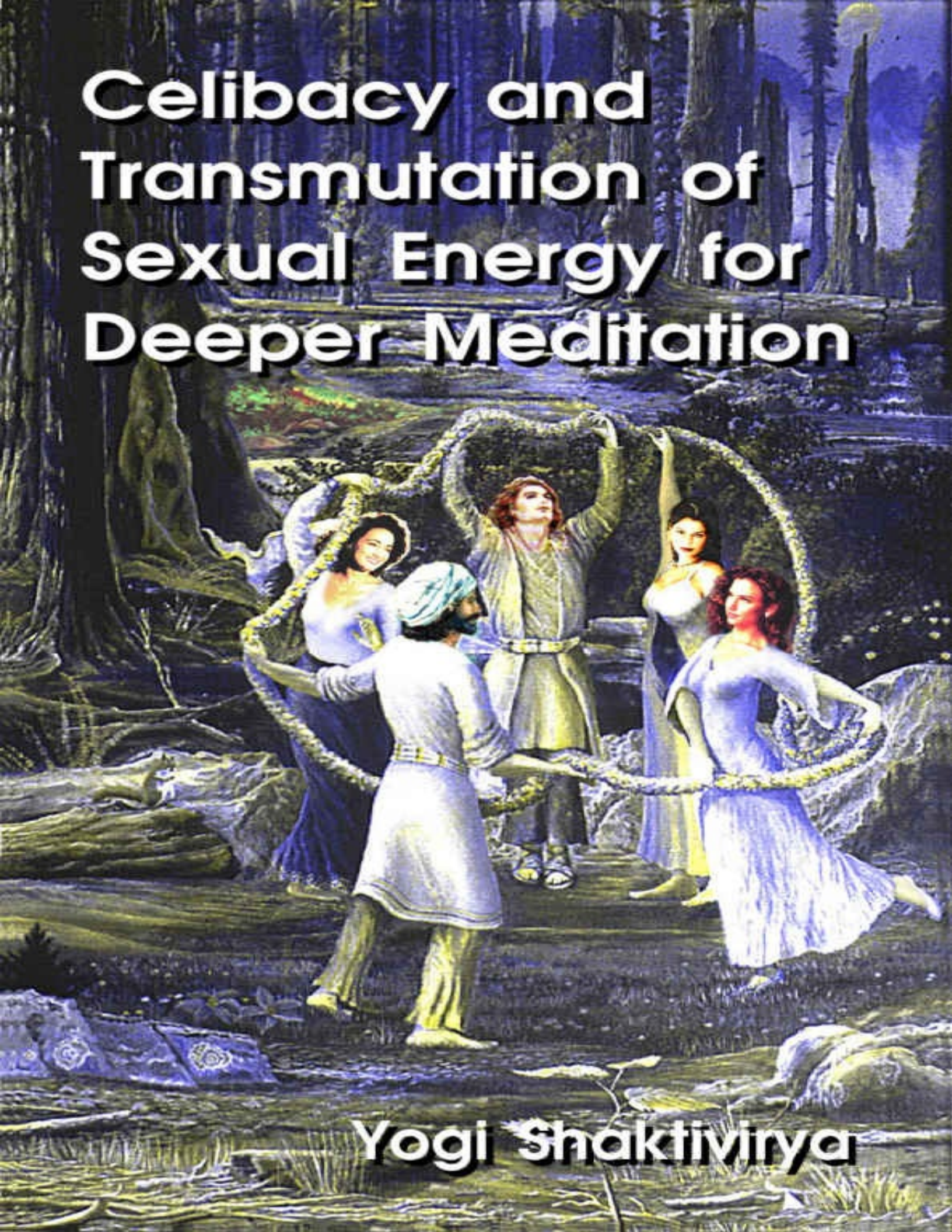
Celibacy and Transmutation of Sexual Energy for Deeper Meditation



Yogi Shaktivirya

Celibacy and Transmutation of

Sexual Energy for Deeper Meditation

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Introduction: Transmutation of Celibacy

Table of Contents Just as humankind has learned to master and control many natural forces in the world, a yogi (or yogini) is a very special (and unfortunately rare) individual who's inclination is to control and master the inner forces of nature, such as thoughts, emotions, cravings, and desires, especially the biological force of sexual or vital energy, libido or innate sensuality.

The yogi or yogini manages to successfully master his or her emotions and sexual energy not by force, but through purification of brain and body cells and then by absorption of vital prana. The transmutation of sex into inner peace, bliss, joy and love is the wonderful end result.

One of the greatest mysteries of life is sex, sexual desire, and sexual energy. This instinct to procreate came about as a natural result of the evolutionary process throughout eons of time. Without sex, there would never have been the development of all the different forms we now experience throughout the animal kingdom. Sex is a huge and inseparable part of the evolutionary process toward the ever-growing complexity and advancement of species toward greater efficiency and intelligence.

As a result of the vital importance of sex in the evolutionary and procreative process, some of the main pathways of the human nervous system are dedicated to sexual behavior and fulfillment in a very huge way. Naturally, the fulfillment that comes as a result of sexual and romantic activity is what nearly everyone would consider to be the most ideal, exciting and desirable experience ever enjoyed.

However, when libido is spent or used up in the process of reproductive activity, the spiritual side often suffers. During the loss of sexual fluids, much of the neurotransmitter dopamine (responsible for emotional excitement) in the brain is removed and replaced by prolactin, another neurotransmitter which has the effect of making further sexual activity undesirable. Too much sexual activity over time may cause a couple to break up from each other and look for another partner. People who want to stick together need to redirect their sexual energy into bliss and unconditional love. This book will explain several unique ways how to achieve this effect if stability and love in one's relationship is to remain part of one's experience rather than living at the mercy of the awful evolution-boosting habit of bouncing haphazardly from partner to partner.

There is what I would like to call "nature's conspiracy" or the strong tendency in many humans to mix and intermingle with as many partners as possible in one lifetime. If one does not wish to remain a pawn or biological slave of Mother Nature, libido vitality can and should be conserved to create a subtle biological energy substance called "ojas" which can not only be used by individuals to greatly enhance their relationships, but also helps yogis to enhance their meditations and powers greatly.

A certain level of experience in samadhi can only be achieved while being celibate, fasting as long as comfortable between whole, nutritionally complete

meals and living on only the most natural, ancient human diet while flooding every cell in the body with the transmuting essence of prana which can be found in nature.

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Chapter One (1)

Learn How to Conserve Vital Sexual Energy for Bliss

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The Taoist "deer exercise" originated from ancient China before the time of Confucius when the idea of conserving vital sexual energy for greater pleasure was widely practiced, honored and revered. Using this technique to prevent ejaculation is very, very simple: simply contract all the muscles in the anal and pelvic area which controls the release of urine right before orgasm or release of

sexual fluid to prevent ejaculation (in men) and loss of sexual fluid (in women).

To make sure this technique is being done correctly, while urinating contract those muscles in the anal-pelvic area, immediately stopping the flow of urine midstream. Practice this contraction (at first while urinating) over and over every day for several weeks or until it becomes a fully ingrained habit. Always practice or apply this method to stop the release of vital sexual fluid during sexual activity. However, this method may not work or be suitable for those who have a prostate or other related medical condition. For example, there is a condition called "pelvic myoneuropathy" in which contracting the muscles to stop ejaculation might even be harmful.

This is why successful transmutation is essential to be physically fit, whole, and healthy in all the vital organs of the body, especially the sex organs. I will, many times throughout this book, discuss the importance of eating a preagricultural, whole foods diet of super foods and adaptogenic herbs, plus regular water fasting, exercise and deep breathing prana from nature. Otherwise, the conservation of sexual fluid may cause more problems than it is worth. PLEASE CONSULT YOUR PHYSICIAN IF YOU HAVE ANY DOUBTS REGARDING YOUR HEALTH IN GENERAL AND YOUR SEXUAL HEALTH IN PARTICULAR BEFORE STARTING TO USE THE "DEER EXERCISE" TO CONTROL LOSS OF SEXUAL FLUID.

Conserving vital energy while being in a state of high-level wellness can bring one incredible states of bliss and natural happiness throughout one's lifetime. However, trying to conserve one's libido while not in the optimal states of health and while there are subtle energy blockages in the spine can result in frustration. It is therefore vital to stay always in a state of inner purity and freedom from addictions to remain comfortably celibate. Yet it would make much more sense for an older person to conserve vital sexual energy than for a younger person,

because older individuals tend to not create as much. If a young person in his late teens loses sexual fluids, he can recover within a few days, but it could take as long as a month for an older man to fully recover.

The transmutation of the lower addictions to lust and sensuality is to be pursued for a higher purpose which is everlasting bliss and joy. The spiritual side of living tends to be sadly neglected when sexuality is rampant. To learn transmutation is essential to maintain celibacy along with the high states of bliss it can lead to. Sex can indeed lead to huge highs and long periods of great enjoyment that may seem healing, relaxing and comforting to the soul. However it is the actual loss of sexual or vital fluids that seems to be the main cause of depletion while leading to a very quick end to the sexual pleasures. But by mastering and using the "deer exercise" (as mentioned earlier: the contraction of the same muscles used to stop the flow of urine midstream) one can learn how to control or prevent the loss of vital sexual fluid without having to give up sex.

This method can really help relationships. After the loss of vital fluid, one often just pulls away from one's partner and falls asleep because the sexual energy and interest is immediately depleted. Because the yogi strives to be more conscious, this common reaction is another good reason a yogi avoids the loss of vital fluids. Emotions after the loss of sexual fluids also tend to sink into a new low, while becoming more susceptible to new addictions and behaviors that are not wholesome or welcome. Without the comforting effect of conserved sexual fluid, one would then feel drawn to seek solace or gratification in another form of stimulation, such as another mate or partner, or through drugs, or often through overeating of junk food. This temporary degeneration in behavior may seem "normal" for some, but it is not, but rather at best a lower level of "normal."

Extreme highs often proceed extreme lows and/or at least a period of mechanical emptiness and aloofness. Any relationship where conventional (sexual fluid loss)

intercourse is the main part is subject to dissolution and sorrow for at least one partner. Of course there are always exceptions and everything depends on the individuals and at what level of emotional outlook, nutritional intake, physical and mental wellness they are at. One's age is another huge factor, usually the younger one is, the sooner the vital energy depletion can be replenished, but often only resulting in a higher frequency of ups and downs.

Overall, it is so much better to try to conserve vital sexual energy as much as possible and to train one's self to be steady in one's moods and emotions by increasing the quality of one's daily nutritional intake. One will find out right away that celibacy really feels so much better as soon as one learns how to fully control the vital fluid loss aspect of sexual union by contracting those same muscles used to stop the flow of urine. This most worthwhile attainment may take some time, experience and require the complete and permanent commitment to a spiritual (Palaeolithic) diet high in adaptogenic herbs and antioxidants to make it more comfortable and fulfilling.

The healthier the lifestyle and diet, the easier I found it to prevent the loss of one's vital fluids using the muscle contraction technique. The adaptogenic herbs are of key benefit to whatever one tries to do sensually, especially regarding self-control during intimacy and transmutation. Great bliss can be enjoyed through the conservation and transmutation of vital fluid. Another thing of vital importance is to avoid the habit of overeating or eating too much too often. Water-fasting instead of snacking for as long a period of time as comfortable between whole, complete, high-protein meals is also of vital importance because too much food blocks the subtle energy pathways of transmutation and enlightenment and prevents the subtle expansion of sexual energy into bliss.

One's memory, self-confidence, creativity and personality can also be enhanced by conservation of sexual fluid in combination with correct eating habits. With

these new and better habits, eventually one can meditate deeper and deeper and find one's life at home and especially while at work or out in nature, a most wonderful deep sense of inner peace, cosmic energy and joy. Without the help of correct nutritional support, meditation, prana from nature, long walks and exercise, the benefit of maturity and wisdom, and regular water-fasting; the retention of sexual fluid may not do anything for the average person, in fact it may even cause more harm than good such as creating extreme frustration and intense sensual craving. Give time for the nerves to readjust to this effect, which at first, especially if one is still quite young, can be quite overwhelming or uncomfortable.

The natural craving for sex even after a few days of celibacy is why it is so essential to follow a Palaeolithic diet high in adaptogenic herbs, nuts and seed while fasting between meals on loads of alkalized water or fresh spring mineral water. Correct eating and all other healthy lifestyle habits strongly encourages the natural flow of vital energy and blood circulation to energize cells throughout the body, for the kundalini to go free and melt away unreleased energy blocks, and frustrated sexual desires into bliss. Without this energetic infusion of body cells and resulting transmutation through the purification of one's food intake and alkaline or mineral water, one cannot participate in the benefits of celibacy.

Relationships are also deeply enhanced when the establishment of this lifestyle is fully completed. Real, lasting and all-fulfilling sensual pleasure begins only after one has completely mastered the ability to stop the loss of vital fluid. One's life becomes free of all manner of addictions and one's behavior becomes much more peaceful and balanced. The precious ojas that comes from the vital energy feeds and nourishes the nerves while making it much more easy to gain energy from prana instead of having to rely so heavily on the constant snacking or stuffing of one's mouth with physical food and beverages.

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Chapter Two (2)

Benefits of Conserving Sexual Energy and Transmutation

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through yogic practices into ever changing continuous joy and bliss? Nearly everyone I know has no idea how truly awesome transmutation of conserved vital energy can be. The first and most vital way to transform sexual desire is to redirect it. This approach is similar to "white tantra" which can be, under the right conditions, most incredibly fulfilling.

There is nothing more immensely satisfying and fulfilling than the transmutation of stored vital energy. However, it is not an ordinary accomplishment to successfully conserve one's vital fluids for indefinite periods of time and transmute that vital energy. One needs to know the "big picture" as to what activities best transmute the libido, how to maintain sexual health (essential) and have the wisdom and faith necessary to see it through. Another vital consideration is the diet needs to be high in raw food, super food supplements and antioxidants, especially those foods, supplements, and herbs that support sensual health and wholeness.

The start of this process requires that in the pursuit of sexual pleasure as is often cannot be easily stopped, one learns how to habitually avoid "conventional orgasm" which is orgasm or climax leading to the loss of most of one's sexual fluid. One is to instead achieve an expanded "orgasm" in every cell of the body that does not cause the huge loss of sexual fluid and therefore can be repeated over and over again.

Very few fully understand the whole process and how beneficial overcoming the addiction to conventional orgasm can be, let alone even have the slightest notion that the common craving for basic sex is in fact a built-in biochemical addiction involving mainly the neurohormones dopamine (the sensual excitation neurotransmitter) and prolactin (the sexual satiation hormone). I consider that the natural craving for conventional orgasm to be another one of countless addictions one can be subject to and certainly worth overcoming or transforming into a much wiser, more fulfilling level of being alive and even as a key to

helping one overcome other addictions and emotional attachments.

When one thinks of celibacy, one usually visualizes some content, wise and peaceful aging ascetic monk, alone in a quiet cell contemplating God or chanting in a beautiful Latin chorus with hundreds of other monks. But I also wish to present another vision of "celibacy" that is much more erotic, such as the tantric lovers exchanging prana in each other's arms thrilling each other through and through with profound ecstasy and love. In both of the above situations and everything in between, there is, hopefully a conservation of vital fluid and a transmutation of vital energy.

However, the tantric lovers "celibacy" is more complex and complicated than a monk's form of celibacy and therefore requires more delicate care and experience beforehand. One has to know one's own body and the body of one's lover extremely well before such a non-ejaculatory but immensely fulfilling state of bliss and excitement can be maintained throughout the intercourse. Much experience is necessary such as having gone through many forms of stimulation without ejaculating before being able to control one's self even while one is enjoying intercourse. But once one (or two actually!) can do this, there is a great fulfillment possible through a prolonged experience that can go on indefinitely.

To remain celibate even during an intimate relationship requires tremendous self-control, self-discipline, self-understanding and years of experience with celibacy. Why even bother? Because the benefits and sheer power of conserved vital energy, especially while in a relationship with the opposite sex, once mastered and fully transmuted is profound love, intimacy and joy on a whole new level, and I mean really intense, everlasting, love, pleasure, and a sense of wholeness and *real* sexual freedom and liberation like nothing else.

Yet, it is not essential to have to go find a partner to create this sort of experience. Even without a relationship, as long as one can conserve one's own sexual fluids and energy no matter what the degree of sexual stimulation, one

can still live in bliss indefinitely and always enjoy an enhanced or boosted form of meditation. By learning and mastering the "deer exercise" in combination with a special superfood diet, water fasting and prana from nature, which I will be discussing in great detail, it naturally becomes much easier to maintain and enjoy this form of celibacy.

Some yogis have tried celibacy for years and years but achieved very few if any of the benefits I am certain of. The reason: because there are so many tricky aspects to having fully transmuted celibacy and so much to understand and explain such as the essential importance of correct nutrition, fasting and herbs.

Most important of all, one's sensual organs and rest of endocrine gland system, and health in general must be whole. Not much meaningful benefit can ever come from the kind of celibacy that is a result of illness, impotence, frigidity, hormone imbalance, glandular problems, arterial sclerosis, extreme old age, or any kind of surgical removal. If there is no vital energy to transmute, what then is the good of being celibate? It is only a symptom of an illness in that sense.

The key to transmutation (this is important) is the *expansion* of a strong, healthy libido into bliss with adaptogenic herbs (often called "aphrodisiacs"), herbal antioxidants, vitamin antioxidants, super foods, regular water fasting between every meal, daily aerobic exercise outside in a garden or park, breathing exercises, and whatever else that will increase the level of prana (vitality) in the body and connection with nature. Every aspect of transmutation is what one would do anyway to achieve perfect high-level wellness or wholeness.

A wholesome diet high in adaptogenic herbs and supplements with complete meals separated by short fasts on loads of water is the most important key factor. Every factor for wholeness must come together and the long term (months into years) conservation of vital fluids is only one essential factor that would be very hard to achieve nor even make much sense without all the other essentials of this *wholeness* lifestyle.

I would like to describe my ideal form of "celibacy" as a sort of "holistic celibacy" or "real sexual wholeness." When one, by providing the above mentioned essential *Science of Wholeness* lifestyle requirements, successfully practices "holistic celibacy" one enters into an awesome sensual renaissance in the form of a wonderful kundalini awakening. What I mean by the kundalini, is a powerful and transforming sensual bliss in every cell of the body that is fully outside, above and beyond the inferior level of regular, all physical sensual activity which only ends in loss of vital fluid along with some natural, but rather undesirable changes in brain chemistry that leave one more prone to depression, restlessness, attachment, dependency and addiction.

In holistic celibacy, because no vital fluid is ever lost, but only transmuted and conserved, the sexual organs become vastly more active, orgasmic, and alive than ever. One thrills ever more each day in infinite, everlasting sensual power, virility and super sensual ecstasy. One wakes up every morning in an inner paradise of intense, perpetual, libido bliss and goes to work and works all day in that same bliss. One is no longer swayed by the usual frustrating and limiting emotions, addictions, compulsions and desires. Could there ever be a greater, more fulfilling level of transmutation than this? What could be a better way to live?

Think about the purity of children and what this purity means. Remember what Jesus said about the children? Children are generally free of the real suffering, concerns and attachments of adulthood. Note the behavior of children verses adults. More often than not, they seem to have endless energy and take great, natural and genuine pleasure in the littlest things.

And what do adults do? Nothing but worry, hurry and more worry! Their capacity for enjoyment is far more limited, stagnated and often forced or superficial. In your earliest years before you discovered the intense excitement of direct sexual release, wasn't life more carefree and simple? Not so harsh or

devastating when things went wrong? Also wasn't there a constant and pleasurable voluptuousness and blissful bodily vitality that never went away? Unfortunately children are forced away from their innate happiness through exposure to unsavory adult addictions, such as addiction to food, drugs, TV and sex.

Establishing this wonderful achievement of holistic celibacy permanently in one's life would not be as easy for adolescents and young adults as it would be for older, more experienced adults. However, younger lovers have the advantage of extraordinary health, vitality, and much faster renewal of sexual energy. Even though they may have a much harder time conserving sexual fluid, their bodies tend to produce much more of it.

If retaining one's sexual energy were simple and easy, nearly everyone could simply stay celibate and enjoy spiritual states of bliss. Yet Mother Nature does not want to allow that to happen otherwise all worldly interest and reproductive activity would stop. Nature has placed a built-in "anti-escape" mechanism to prevent everyone in the world from leaving the body-consciousness and to keep the soul deeply entrenched and grounded in the dramas of physical life, otherwise everyone could get too far-removed from the hard and harsh physical world to care enough about the essential game of survival. And of course, if everyone stopped losing reproductive fluids from now on, it could very well mean an end to the population explosion! Because the future of humanity depends on the creation of new bodies, Mother Nature will fight very hard against this possibility.

All physical bodies are naturally genetically programed to reproduce themselves with as many mates as possible and as often as possible. After too long a period of sensual abstinence and sensual energy buildup, the soul would much more likely have a chance to escape from the physical body and be able to find refuge in an inner paradise free of all the terrible limitations and afflictions of the

physical world. Competition, natural selection and other rather unpleasant but developmental evolutionary forces would no longer have enough influence.

The "centrifugal" pull of Mother Nature (Maya) is a "necessary evil" used by nature as a strong, overwhelming compulsion to relieve one's self of one's creative urges and vital fluids either with a partner or without in order to keep one quite materialistic, competitive, possessive, addicted, stuck and grounded to the physical world throughout one's lifetime.

However, once one learns how to redirect one's vital energy instead of losing vital sexual fluids, one discovers a much better way to live, and all those limiting natural laws and wasteful materialistic addictions can be transcended into a vastly superior, even God-like (centripetal) way of thriving. The sex force in a healthy person is so strong, that to redirect that force so that no vital fluids are ever lost again, would be as involved as changing the course of a massive river so that instead of it uselessly flowing into the sea, it is dammed up, stored in a huge lake, and then channeled through an immense hydroelectric generator.

Massive energy can come from conserved and transmuted vital energy in the form of creative inspiration, unconditional love, excitement, and tremendous, everlasting fulfillment instead of the usual temporary and inferior "fulfillment" of the common "procreational" style of sex or masturbation followed by days of emptiness and boredom. What is really more practical? Certainly not regular sex after experiencing all the awesome and magical benefits of holistic celibacy!

Allow me to list some of the benefits of holistic celibacy:

1) Ever increasing, everlasting joy, fulfillment and bliss

2) Greater spiritual and material success

3) Really beautiful meditations

4) More concentration and energy

5) Real, permanent sensual fulfillment

6) An amazing sensual renaissance at any age

7) Improvement in one's love life or relationship

8) More virility, strength and respect

9) Enlightenment, moksha and liberation from physical existence

10) Astral projection and free access to higher planes of consciousness

11) Development of all sorts of psychic powers

12) Emotional independence

13) Better memory and greater mind power

14) After 9 years of celibacy one develops the ability of absolute recall (memory of past lives, and of every moment in this lifetime)

15) There seems to be some claims that celibacy lengthens one's lifespan and even stops the aging process. I think this effect depends on many other factors as well.

These benefits may all sound too good to be true, but they are not, these benefits are real and yogis have benefited from them for millenniums. The only drawback is that, at first, especially without the *Science of Wholeness* lifestyle, it is not very easy to be celibate, and at the same time one has to have constant very strong sensual desires to transmute or results would be inconsistent. In other words redirecting a stream would barely generate enough electricity for one house, but redirecting a massive, raging river, could easily power a whole city of light.

Time is the main value factor of celibacy; ie., anyone can be celibate for 5 minutes, an hour or several days and such short lengths of time create little

benefit. For any of the above benefits to develop, it could take several weeks to several months, even years of strict conservation and buildup of vital fluids. Another important thing to know: the longer one has been celibate, the easier it becomes to remain celibate. The experience of conventional orgasm is naturally addicting, in fact it has the same effect on the brain as a shot of heroin. The more addictions one is free of, the better!

The longer one has been celibate, the better one's nervous system can handle it. The same is true regarding hunger, one can begin to get used to it after a while. There is a close connection between the desire for sex and the desire for food. Some of the toughest minded and really spiritually advanced yogis have managed to become breatharians as a result of not only overcoming their sexual desires, but also completely overcoming their hunger while training their body cells to live more and more directly from the vital and rejuvenating life-force energy of prana and less and less on physical food. Yet if this transition to complete pranic nourishment is not done correctly, one could slowly starve to death.

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Chapter Three (3)

Sex is Nature's Greatest Deception

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What is nature's greatest deception? How serious is it? Everyone is subject to this grand deception or conspiracy of nature that diminishes the quality of life starting in one's teens in order to perpetuate the species. This effect seems to also keep the soul bound within the prison of the physical by diminishing access to the spiritual and sensitivity to the sublime. Nature's conspiracy is an insidious all-consuming universal influence that in ways mysterious to most people, keep souls bound to the flesh, and drive everyone, everywhere down a never-ending path of materialistic strife and struggle toward all manner of nonsensical desires and depressing fates. In other words, we are imprisoned by our senses, sensuality, and strong attachment to the physical body!

Because this effect disrupts the flow of prana through the vital glands of the brain making the feeling of contentment and true satisfaction impossible, the overall effect keeps society much more dangerous, spiritually dead, and unable

to give and receive unconditional love. Behind many of the problems of the world (including overpopulation, suffering, violence and evil) is this conspiracy of nature which fuels the evolutionary process of "survival of the fittest" through increasing one's general tendencies toward competition, fear, racism, genocide, and over consumption of vital resources (greed). Nature's conspiracy also maintains in the general population a serious susceptibility to and exposure to addictions, diseases, old age and dying.

Everyone who lives, and even everyone who dies is subject to this grand conspiracy of nature to diminish, dumb down and melt away the foundation of wholeness, so everyone remains in the dark ages of spiritual ignorance while being subject to the whims of emotional, addictive and physical impulses, laws and limitations of painful physical life. When the soul could soar toward glorious heights of inner freedom, peace, joy, love and great wisdom, it forever remains grounded in a quagmire of materialistic addictions, greed and emptiness while being hopelessly locked into one physical prison after another over and over again, lifetime after lifetime. Not until those penitentiary walls crumble either by accident, disease or at the end of the aging process is there any hope of escape. Yet willfully the soul often ends up back inside yet another physical body to learn some more painful lessons and to pay off more debts... why?

So what is this massive and terrible conspiracy? Why is it so dangerous? What is the greatest secret of secrets of all time, that could end the materialistic reign of tyranny for all people once and for all, and help bring back all the lost joys and pleasures of their wildest childhood dreams? What is the source of humanity's worse problems? Where do all one's troubles really begin and what is the real foundation key of all wisdom? What is the real reason behind the collapse of morality in every civilization while great, ancient spiritual organizations such as Buddhism remain intact throughout the ages? What is the real original cause of all wars, crime, disease, of overpopulation, of famine, of poverty, and all other great and terrible sufferings of this world?

What is the single most important thing that short circuits and undermines love and satisfaction in relationships, causing them to eventually fail and fall apart? What prevents one from finding the complete peace and tranquility that should be "second nature" to one's inner being? Why can't one find infinite joy, satisfaction and bliss just by sitting down and meditating? Why can't the average person leave the body (astral project) at will during rest and/or meditation? What is preventing one from enjoying deep spiritual experiences and spontaneous love for God? What is keeping so many people so materialistic that they reject all forms of spirituality?

What makes the mind more vulnerable to chemical and emotional addictions and attachments and prevents one from achieving one's fullest potential? What is causing too many births especially in third world situations of dire distress and poverty? What is leading to massive, unprecedented levels of world population and a surplus of billions of lives sacrificed on the altar of poverty, misery, hunger, diseases and starvation? Overpopulation is definitely the absolute single worst nightmare problem in history leading to all sorts of serious environmental and political challenges.

Would one in his or her right mind sell one's soul for a farthing? Of course not... if that person knew about it! Unbeknown to all, the vast majority of humanity is selling his or her soul for the "farthing" of sensory pleasure. Yet the soul is priceless, therefore of what avail is it if one gains the world but loses one's soul? Most do not even know exactly what I am talking about because of the average materialistic limited perspective so common to all people who are stuck on this Earth. And what is even more mysterious is I am not referring to the divine soul in the literal religious sense but in the yogic sense of the enlightened "soul" as a complete whole being of infinite bliss, freedom and love.

The conscious realization of one's true nature is "Sat, Chit, Ananda." Sat is existence or truth, Chit is consciousness, and Ananda is bliss which are the three

main aspects of enlightenment. The chance to realize one's true Self or soul in the context I am referring to is constantly being thrown away by the binding decision to go in the direction of the kind of aggressive sensual excitement that leads to the loss of precious vital fluids. The human is by his or her very nature a biochemical, electrically polarized being.

Instant but counterfeit, unsustainable pleasures can be found by "going south" while permanent but long awaited joys and divine love is eventually found by constant practice of expanding one's sensual energy "up north" or up deep within the spinal centers toward the third eye (Ajna chakra) and the top of the head (Sahasrara) by increasing one's concentration, pranic energy and circulation in those chakras.

Even though this idea may sound too unrealistic and too idealistic, if everyone would nevertheless practice celibacy or at least moderation in sex, global population would no longer explode out of control and would no longer cause terrible destruction of rainforests and other vital resources. Everyone would be so much happier if they could experience the immense value and benefits of long-term celibacy/moderation and the amazing, unexpected benefits controlled or non-sensuality could have on one's relationships. Can one imagine a world without all the complications of sexual consequences such as unwanted pregnancies, abortions, extra expenses, guilt, shame and other emotional problems, relationship battles, and sexually transmitted diseases?

The fastest way to eliminating the world's problems would be eliminating the mistake of constantly and blindly following one's sensual and other addictive impulses instead of sublimating them into a finer channel of expression, meditation and love of God(dess) in each other. One can move toward enlightenment by valuing and respecting the laws of ancient wisdom that support the complete renunciation of all lust, all attachments and egotism that the great sages and gurus have required for eons and eons. There are higher realities one

can engage in, not limited to this earthly "game" of life.

One can transcend the physical drama of life and live on a higher level of love and fulfillment as long as the ego and lust are transformed, redirected into a continuous and wonderful bliss and happiness. Egotism and especially lust (masturbation, sex and sensuality) constitute the great conspiracy of nature keeping humanity suffering and never finding permanent happiness by preventing the formation of a complete circuit of pranic interconnection between the mind, spirit and body. Ojas is created in the body from the combination of vital fluid and prana, and is the all-important subtle substance that all yogis must have to experience enlightenment or successful communion with God.

Even knowing all there is to know about this conspiracy and how it operates against our best interests, and for what purpose it works against us will not guarantee any escape from it. Only the finest mystics of all time know how to stay out of its terrible clutches and keep free of its sickening pull toward either the stupefied state and/or the state of hopelessness and despair. What really makes this conspiracy so insidious is its day-to-day normalcy, its seeming ordinary and ubiquitous business-as-usual global and universal effect of numbness and apathy of which no one has any idea from whence it came.

I have seen the negative effects of sex attributed to all kinds of causes except the one true cause, and sex is so normal, so common place, very few suspect or even concern themselves with nature's conspiracy of sex let alone even have the vaguest inclination that such a conspiracy exists!

Very few even want to come to such a conclusion, after all who wants to give it up? Even worse is the widespread popularity and availability of technology to enhance sensual stimulation and masturbation. Then there is pornography which can provoke an indifference to one's mate or spouse who in most cases is unable to look as exciting or enticing as what can be found on the internet. Overstimulation only leads one further into spiritual debt and even more lack of

sensitivity to the non-addicting and more wholesome pleasures of transmutation into continuous bliss, divine love, and a much more enlightened and fulfilling life.

Who wants to hear that conventional sex is also as addictive as a powerful drug and can have serious side-effects such as depression, anger, adultery, codependency, and sadness? Who wants to hear that this "normal, healthy behavior" that popular psychologists assume is bad to repress also has a dark side, and is a great drain on one's full human potential? No one wants to hear of or accept such things however true they are and however profound are the implications.

I am certainly not implying the forced or uncomfortable repression of intense urges, nor even the abandoning of close relationships based on intimate affection, but rather the expansion and preservation of a fully intact libido through various yogic techniques of tantra, transmutation, water fasting, self-control, a complete, balanced, healthy, whole foods, natural diet, adaptogenic herbs, and meditation from within the spinal centers of consciousness.

Successfully preserving and expanding one's sexual energy upward, rather than losing it through conventional sex, can lead to a permanent, incomparable, ever-increasing, ever-changing satisfaction for the entire future of one's existence. Not only that, after years of meditating in samadhi, many amazing mental and psychic powers, and other surprising benefits can also occur.

Even though reproductive relationships must continue if the generations are to go on, and even though conventional sex is a 100% natural and normal part of *ordinary* “healthy” living, that fact does not mean that it is always great for the mind, spirit and body to indulge in whenever one pleases! The wisest of couples (especially in Hinduism) are the ones who never have sex for recreation and only for the purpose to create a child. Drastic? Not at all when one fully realizes just how much blissful awakening in yoga is missed, and how much of the

profoundest joys and most fulfilling romantic relationships in life are disrupted through the loss of vital fluids.

The profound benefits of celibacy are rarely experienced and understood. It can take a month or more of strict celibacy to really start noticing the difference and before the months go by one often has to undergo the careful redirection of very strong urges, desires and overwhelming impulses into a continuous flow of blissful, expanded creative energy and prana up the spine in the form of a kundalini awakening.

One has to first fully overcome this most powerful addiction before one can start to experience this great inner strength, bliss, joy, rejuvenation and love within and eventually the realization of Self and then of God. Being free of the addiction to conventional sex also makes it possible to experience and enjoy the most incredibly satisfying relationships ever because the joy of love along with a wonderful new form of (transmuted) sensuality becomes magnified many times over.

Once one has been fully involved with the pure lifestyle of self-control for many months, one usually never wants to go back to the old way of life; the benefits are too great. This transformation may not be for everyone, especially the "young and restless," however, those most suited for the spiritual path should at least try it and find out for themselves. No longer being subject to the conspiracy of nature means one will soon find the keys to that elysian paradise of absolute, all-fulfilling joy called wholeness.

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Chapter Four (4)

Is Celibacy the Path Back to Paradise?

Back to Contents The benefits of celibacy are obviously not widely understood nor fully appreciated. With all the erotic opportunities, sensual photos, sex oriented e-mails, and other media of the sort flashing over the internet, there seems to be a universal obsession with trying to use up as much reproductive (creative) energy as soon as possible and as often as possible.

It seems that everyone thinks we should all have an endless potpourri of intercourse encounters and if not, plenty of pharmaceutical, natural remedies and pheromones to fix any lacks! Forget about unconditional love, wholesome affection, and sincere commitment, these ads seem to encourage a prodigious expenditure of only the most physical, basic urges while making one think that the size of that one part of the male anatomy is all that matters! What a hoax!

Even though sex may be a natural, essential part of life, so is being stuck in a physical body along with all its severe restrictions, miseries and complications

lifetime after lifetime. Christians should especially be aware of this fact. For what reason was Adam and Eve cast out of the Garden of Eden in the first place? And humankind has ever since paid the terrible price of their “sin” by continuing with the sex act in the same old manner.

By “celibacy” I never mean exclusion of affectionate relationships with the opposite sex nor the permanent elimination of one’s natural sensuality. This is rather a change in the direction of sex and sensuality, not its repression. I strongly encourage a strong emphasis on love, ecstasy (expanded or transmuted sensuality), and lasting commitment which actually becomes quite natural and rewarding when all nerve-draining conventional orgasms are avoided and replaced with uplifting, blissful methods of transmutation into deep, all fulfilling and everlasting excitement and love. Isn’t it far better to always be “coming” than going anyway?

Even the majority of spiritual books I have read most recently don’t seem to touch on the virtues, values and benefits of celibacy, completely ignoring it almost as if everyone is somehow miraculously capable of achieving great heights of spiritual awareness, perfect love, perfect relationships, bliss, inner joy and concentration, *etc.* without any sort of reduction in the loss of creative fluids nor any help from advanced nutrition. How can anyone expect to make real and lasting spiritual progress under these conditions? In a similar sense, how in the world can one expect to get more and more power from a constantly drained battery?

In spite of the massive lack of popularity and understanding regarding celibacy, there is an obvious benefit to abstaining from sex for long periods of time that very few seem to understand or appreciate. Stored creative energy properly transmuted gives one a definite psychological boost such as a greater sense of purpose, better memory, concentration, and more interest in doing what is

needed or required while giving one a feeling of reward in accomplishment. One tends to look forward to getting things done in a creative way while enjoying much greater motivation, bliss, joy, resilience, determination, and love for one's duty.

As long as one prevents one's creative energy from getting diffused or drained into the endless quagmire of lust, it remains easier for the accomplishment of one's goals, and the expression of higher values such as unconditional love and affection, morality, purity, and spiritual marriage, to remain the main focus of one's life. Obviously, if it weren't so easy (unfortunate) to keep falling into this quagmire, there would be far wider acceptance and knowledge of the obvious ecological, economic, social, physical and mental health benefits of celibacy.

Much of one's basic vitality and nerve force is stored as reproductive energy. One's vital emotional health energy and creative energy are interdependent. Therefore, whenever one's vital energy is used up, a large part of one's mental energy and healing physical vitality get lost, and fascinatingly enough, one cannot successfully or correctly increase one's reproductive energy without the side effect of improving one's health! Even dreams tend to be more frequent, blissful, colorful and more spiritual, and the possibility of achieving astral projection, deep samadhi and cosmic consciousness in meditation is also greatly improved.

Whenever vital fluids are lost (especially if too often) one's spiritual inspiration and enthusiasm for living, if any, tends to mysteriously fade into the background. One can't meditate as deeply or feel as excited about the benefits of higher consciousness, or even feel the same joy or enthusiasm for life, yoga, and meditation as one did before the loss of vital energy during one's previous period of abstinence. Sex is a natural addiction that one easily gets stuck in over and over again.

This effect is part of nature's plan or intent at fooling all of us into giving away a lifetime of subtle, spiritual joy, progress and accomplishment for a few moments of concentrated pleasure. When that excitement is over and completely used up, reality sets in, enthusiasm drains out, and one is left basically with nothing but a sense of regret. A mild laziness, lackluster, or tiredness takes over, while everything else in life immediately becomes boring or even depressing compared to the intense excitement once had. One may even start to feel a lot older than one did just five minutes ago!

The diminishing effects of sex may not always be noticed, but the overall effect is still quite real to one extent or another and according to the degree of one's spiritual development and sensitivity. In other words, sex (especially if too much) can short circuit one's enthusiasm to stride life's challenges! This unfortunate fact of life seems to get even worse as one gets older especially if one forgets to take proper care of one's health. As time marches on, time also seems to wear one down. However, while abstaining, as time marches on, one feels like time is building one up!

Even though sex is a perfectly natural and essential part of life, it has another, much more sinister purpose besides the creation of emotional addiction to the most beautiful or handsome members of the opposite sex and the creation of new physical lives: it also has the deliberate effect of keeping one rather fickle and spiritually grounded often with an overwhelming tendency to want to leave the relationship in search of other partners! This is the game that nature plays to spread one's genes around to as many different mates as possible while intensifying the process of competition and natural selection (evolution) through increased greed and anger. After all, how many mates does the average person have in a lifetime?

Conventional sex causes serious changes in one's brain chemistry often leaving one more irritable, angry, spiritually dead, separated from wholeness, closed minded, attached, addicted, and competitive all for the purpose of increasing one's tendency to fight others or compete with others for food, mates, shelters, *etc.* as part of the means of speeding up the evolutionary process.

As previously mentioned, one function of regular sex is to keep the soul grounded, anchored or stuck in place so that it cannot escape or leave body-consciousness at will as the more advanced adepts at yoga can do. However, once one is fully established on the path of celibacy, transmutation and regular deep meditation, one eventually achieves complete, permanent freedom from all the suffering and limitations of the physical body and after death, freedom from the need to reincarnate into yet another physical body. In very advanced stages, a complete mastery over life, breath, and death is possible, and that one can enjoy not only blissful freedom from a physical body, but also fantastic physical health, indefinite cellular regeneration, and absolute memory recall of every moment in this lifetime and all past lifetimes.

Innocent children are naturally happy and this is because their life force energy has not yet been disrupted by the sheer blast of hormones that bring about all those strong sexual attachments and feelings suffered and enjoyed by young adults. They are naturally celibate, and therefore tend to be much more carefree, energetic, and much more resilient to stress than adults tend to be.

The popular practice of what some may call "tantra" could be for most people the best way toward holistic celibacy and enlightenment. It is in itself a very precarious balance between celibacy and non-celibacy requiring absolute self-control, however, since most people are in relationships tantra yoga is really the best way to conserve vital or creative fluid without having to give up sexual relations. It requires constant and careful management of very strong kundalini

forces.

How able are you at conserving vital or creative fluids and transforming basic sensual desires into pranic and kundalini energy? The key is one's level of purity or inner freedom from toxins, excellent circulation, water fasting, experience at transmutation and amount of prana taken in from natural sources such as gardens, parks, forests, and other open spaces, *etc*. The degree to which one conserves basic energy, expands one's pranic sheaf, experiences, gives and receives pure (selfless) love, devotion and affection is the degree to which one becomes quite spiritual.

Complete or total enlightenment (everlasting joy) requires a long period of retainment of creative fluid along with hours of daily meditation in a natural environment filled with pranic (orgone) energy. One's precious attainment of enlightenment (if any) will remain only as such for as long as one retains one's reproductive fluids. This is the way nature intended it according to universal natural law (or God's law or plan if you want to call it that). It is cause and effect: the effect of enlightenment requires the cause: retention, cultivation and transmutation of sexual energy.

Along with many other requirements, celibacy (perfectly transmuted) is the main requirement for true enlightenment and true wholeness. There must be an enormous amount of transmuted reproductive energy (refined desire) built up in one's self to create the effect of enlightenment. Similar to what I've said before: one cannot get light from a drained battery. Hope I make myself clear, because this entire principle is the philosopher's stone, Holy Grail or the way back to the Garden of Eden or whatever you like to call it.

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Chapter Five (5)

The Lifestyle of Blissful Sexual Energy Expansion

Back to Contents A life of blissful sexual energy expansion involves following the concepts I will be including here. Here is a long list of ideas essential for strengthening one's ability to transmute, while creating, cultivating and benefiting from much higher levels of sexual energy (bliss) without losing it. Some of these ideas have been described earlier, but I feel it is important to discuss them here again in more detail.

MOST VITAL AND ESSENTIAL - Become familiar with the whole method of physical self-control similar to the Taoist "deer exercise" and make it a habit to stop the release of sexual fluid whenever it tries to leave the body. Train your muscles to "switch" on and off the flow of urine and practice this technique until it becomes an automatic response to sex. Learn how this same ability can always be used to prevent the loss of sexual (vital) fluids either at the start of a wet dream or right before the moment of ejaculation.

Being able to prevent ejaculation could have priceless benefits and give one

much more fulfillment in a relationship. Yet for this process to be fulfilling rather than being a frustrating, futile attempt at "coitus interruptus" one needs to be in a higher energy state of wellness (through correct eating and regular exercise, pranic nourishment from nature, meditation and water fasting) so that the sexual energy fully transmutes or expands into every cell of the body. Instead of feeling frustrated or unfulfilled, a deep and wonderful ever-increasing satisfaction should build up in every part of the body.

One can also repeat this thrilling experience over and over again indefinitely, but as soon as one ejaculates, it's over. The development and cultivation of this method until it becomes a habit will lead to great benefits and is what I believe is the easiest and most honest way to help one not only be celibate for life but to also *really enjoy* it! This method may be one of the most vital tools for being able to remain celibate under otherwise impossible situations. If you like, you can read more about physical self-control during sex on my web page: http://wholejoy.com/scienceofwholenesspartone/id7.html

Purify your blood by fasting every other day on ionized water or fresh spring mineral water. If you get hungry on the fasting days, drink organic vegetable juice (similar to V8) followed by a seed milk such as unsweetened hemp seed milk or unsweetened almond milk which does not mess with one's blood sugar. Fasting with ionized or mineral water, and then organic vegetable juice and unsweetened seed milk as needed, is easy to do, because the water tends to have an alkaline effect, that the sense of hunger and digestive fluids are neutralized while providing cleansing, transmuting, and energizing benefits. Avoiding or refraining from sugared or sweetened juices is also vital to keep the blood sugar and cravings from swinging out of control. On the day you do eat, have as much high nutrient density, probiotics and high enzyme raw food as possible. Include with meals: as many antioxidants, vitamins, minerals, and beneficial adaptogenic herbal supplements as possible.

Throughout the day you do eat, consume plenty of superfoods and a "Paleo" diet similar to the one I enjoy listed on my website, "Holy Grail: My Latest Regimen for Spiritual Growth" here:

http://wholejoy.com/scienceofwholenesparttwo/id7.html

This diet is rather complex and involved. This why I am referring you to a page on the web. However, the main thing about this diet is to avoid all destructive or enervating food such as breads, cheeses, red meat, junk food, and of course, anything with added sugar or other sweeteners. Most of these so-called "foods" do HORRIBLE things to one trying to conserve and transmute sexual energy. Instead eat *real whole food* such as scrambled (not fried!) eggs, fresh bee pollen, freshly ground raw nuts and seed such as raw pumpkin seed, almonds, sunflower, peanuts, and sesame seed; berries, tropical fruit, and adaptogenic herbs such as turmeric, gingko, rhodiola rosea, saw palmetto berries, *etc.* Occasional turkey, chicken or sardines with brown rice and beans is also OK. Eating correctly of a non-dairy, preagricultural diet is essential for success with the "deer exercise" and transmutation.

Remove all blockages from circulatory system using an herbal circulation enhancer such as "Circulation Factors" by *Country Life*™ containing ginkgo biloba, prickly ash berry, butcher’s broom, hawthorn, horse chestnut extract, niacin, *etc.* Also exercise on a regular basis. Jump rope is ideal for improving circulation, and building up strength without having to go to the gym.

Meditate regularly! Learn how to focus your mind very carefully to the exclusion of all other thoughts. Imagine your creative urge energy flowing up your spine like a white stream of light flowing up to a ball of white light above

your head. Learn how to concentrate in your third eye or above your head, especially if you are concerned you might be feeling too sensual. By redirecting the energy this way you learn control. The most powerful ecstatic transmutation effects result from concentrating in the third eye and crown chakra for two or more hours. For regular daily deep meditation on the inner sounds and third eye to be successful, one needs to transmute the sexual desires to help one build up vital nerve force energy. Transmutation is in turn dependent on meditation, wholeness, *etc.* You can learn more about meditation and just how significant it is in my book, The Hidden Treasures Are Within.

Basic sensual urges can be sublimated into higher expressions and fulfillments through new channels and new avenues of expression such as meditation, bliss, vitality, enthusiasm, inspiration, love, compassion, recreation, and selfless service. Retained sexual fluids can create a substance that yogis call "ojas" which coats the nerves and creates a subtle energy body or aura around the person. By carefully following the *whole* lifestyle outlined in this book and others I wrote, unfulfilled sexual energy can be transformed into all-fulfilling bliss throughout every cell of the body.

Energize your spinal energy centers. Fire up the kundalini using a special form of breathing exercise that I call the “Lama Yoga” breaths. The kundalini is the very transforming flame of raw creative energy. When one feels the need to transmute one would do twelve to twenty to thirty of these at a time depending on individual need and capacity in conjunction with meditation, creating the all-important effect of expansive bliss and vitality. Energizing the chakras with the breathing exercises requires excellent physical and cardiovascular health. PLEASE BE CAREFUL. Learn more about the “Lama Yoga” breaths here: http://wholejoy.com/scienceofwholenesspartone/id6.html

Use vibration to relax your body while meditating or doing deep relaxation.

Vibrating mattresses are available commercially or you can build your own units from fan motors. Common sense and other precautions must be carefully followed of course. You are training the body to find new avenues of sexual tension, release and expression with kundalini energy in such a way that no significant amount of reproductive fluids are lost.

Keep your body clean! Shower and/or bathe everyday. The body constantly needs to shed millions of skin cells. Clogged pores can often block sexual energy and/or create general discomfort in such a way that transmutation is slowed down.

Go for long walks in nature while pondering the endless beauty of the Universe and profound possibilities of infinite love and joy. Learn how the joy of sex or enjoyment of the objects of sex can be expanded (universalized) or channeled into infinite, everlasting fulfillment and compare that infinite expansion of pleasure to how terribly limiting conventional expressions of sex can be. Remember that in reality you are a spiritual being fully immersed in the perfect joy of Brahman or Oversoul. The infinity of the sky, the bio-plasma in the air, plants, trees, forests, waterfalls, natural beauty, *etc.* can all lead to the most perfect, spiritually uplifting states of transmutation ever.

Finding ways to build up creative energy through nutritional supplements is a solid part of the foundation of wholeness, yet taking substances just to stimulate reproductive activity is not. Herbs that strengthen and build up one's vital fluid reserves and potency can lead to having more libido energy to work with and transmute especially when much older. The "aphrodisiacs" (adaptogenic herbs) most well-known for providing nourishment, better blood circulation, and better overall sexual rejuvenation and functioning help immensely to expand the sexual desires into bliss so that conservation of sexual fluids become easy, second nature, and really exciting or fulfilling.

The use of aphrodisiac herbs for transmutation may seem at first a startling contradiction, but the rejuvenating herbs (rather than the more stimulating kind) and antioxidants are extremely good for creating much more abundant and plentiful creative energy, greater self-control, and surprisingly even much easier and expansive transmutation resulting in more bliss, more energy, more excitement, more joy, more vitality and much more of that spiritual (kundalini) energy awakening essential for transmutation.

For those going through their 50′s, 60′s and 70′s, and beyond, taking herbs for libido rejuvenation is even more essential, yet I do NOT mean for stimulation but to increase the availability of vital energy and increase the production of vital fluids for spiritual purposes. Always remember that it is impossible to successfully correct sexual health and sexual frustrations without first improving one’s health using the super foods, regular water fasting and pure lifestyle of wholeness I mentioned earlier.

Experiencing much erotic energy and having plenty of health, enthusiasm, and vitality are almost one and the same. As one ages, it becomes easier to have longer and longer periods of celibacy. Great? Not necessarily if it is because of diminished creative energy. If there is no vitality to power the forces of bliss, meditation, kundalini and spiritual awareness, how is it then going to happen?

Sexual rejuvenating and circulation enhancement herbs include: rhodiola rosa, reishi mushroom, epimedium, green oats (avena sativa), saw palmetto (for men), dong quai (for women), ashwaganda, gotu kola, ginseng, damiana, maca, muira puama, black cohosh (for women), cayenne pepper (circulation, capillaries), schisandra berries, kapi kacchu, bala, ginkgo leaf, and tribulus terrestris. By the way, a side effect of some of these herbs is in fact a gradual increase in the size of that certain part of the male anatomy along with a tendency toward greater

muscular mass and physical strength, but the spiritual benefits are far more important. The latest info on adaptogenic herbs and other supplements for greater wholeness can be found in my book, Seven Steps to Wholeness or on my following web page:
http://wholejoy.com/scienceofwholenesparttwo/id7.html

Some sexual rejuvenating foods and supplements include: pumpkin seed, beta sitosterol complex, saw palmetto, (mainly for men), rhodiola rosa, bee pollen, chlorella, raw oats, oat straw (avena sativa), fresh whole raw pasture grazed butter, l-arginine, Co Q10, vitamin E, zinc, Microhydrin, chlorella, and Shilajit. Whatever is done to improve circulation such as taking oral chelation, any herbs that improve circulation (ginger, cayenne, butcher's broom, horse chestnut, prickly ash berry, hawthorn, and food supplements such as nattokinase or the soy bean ferment, natto), all help in their own unique way to conserve, cultivate and transmute creative energy. Of course all precautions, *etc.* regarding food supplements, herbs, and vitamins must be followed.

There are three states of sexual fluid:

1--Unreleased vital fluid which can build up to very high levels of frustration if not released or properly transmuted through purification and vitalization of body cells.

2--Released reproductive fluid which, of course is useless.

AND …

3--Unreleased creative fluid on fire with the kundalini energy — the most beneficial, joyful, useful, invigorating, ecstatic, enlightening, powerful, and all-fulfilling kind.

The idea is through raw food, antioxidants, herbal supplements, increased circulation, meditation & careful concentration, breathing exercises, regular showering/bathing, vibration and/or kundalini flow (electricity), and non-stimulation, *etc.* one ignites the precious sexual fluid in such a way that it is never consumed (rather like Moses' "burning bush") resulting in a gradual buildup of ecstasy that can lead one to endless days of ever increasing joy and love never before experienced.

Healthy vital energy when properly transmuted can be an awesome pleasure, and a wonderful experience of incredible, everlasting sexual power and functioning. Liberation from the physical body can be attained this way, and finally one's real spiritual goals of self-realization and God-realization reached. Transmutation is the way to true manhood as an expression of the Lord of the Universe or true womanhood as an expression of the Divine Mother.

The effects of celibacy should be directed through daily 2-3 hour meditations away from the body toward an everlasting freedom from physical consciousness to the point where actual soul travel can be achieved. It becomes possible to go far beyond the need for orgasm into absolutely thrilling levels of superior inner soul pleasure, bliss, joy, freedom and then love. Even while you are working, you get to enjoy more pleasure, and a greater sense of lightness.

But never forget, the conditions all have to be perfect to be able to do this. Just being celibate alone may either only bring slight improvements in one's outlook and/or not achieve any benefits at all. Forced celibacy on its own without any of the required conditions for transmutation can be frustrating. Be aware of the hazards and symptoms of not transmuting. It can become very frustrating if you try to be celibate without taking the time to apply all the aspects of transmutation and/or wholeness!

Symptoms of *not* transmuting as a result of just being celibate while *not* following any of the other lifestyle requirements is the same as *not* having wholeness. Also some of these symptoms can occur when just starting out and the nervous system has not yet fully adjusted or acclimated to having so much more sexual energy: # One may start getting angry, impatient, and abusive toward one's self and others and/or find things in general more and more frustrating.

One may overeat, become obese and/or develop other bad habits in place of sex.

One may develop a self-esteem crisis or lack of self love/acceptance.

Strong sensual feelings constantly disrupt even the simplest of tasks or thoughts.

One may feel unresolved conflicts between spiritual and physical desires.

One may find oneself overly obsessed with anything to do with the opposite sex.

Much physical tension, urges, frustrations, and other discomforts may start to drive one crazy.

One may experience a large number of sensual and/or wet dreams.

Instead of simply releasing the tension, one *really* needs to become super healthy, conserve reproductive fluids and then transmute! The whole idea here is to liberate and unclog the energy fields and blood circulation and keep one's

entire being unblocked, light and expansive.

Especially when young, excess sexual energy may still have to be released occasionally until one's nervous system can completely adjust or accustom itself to the new load of vital energy and/or completely master all aspects of wholeness including pure lifestyle, water fasting, devotion, excellent digestion, acidophilus, *etc.* Age, wisdom, complete self-knowledge, understanding, will power, self-control and maturity are all required for long periods of uninterrupted, perfect retention of reproductive fluid.

Symptoms of loss of sexual fluid from a lifestyle of regular conventional orgasms include the following:

Right after sex, one may suddenly feel somewhat weak, tired, drained, wasted, bored and/or much, much older.

One may feel a loss of focus and concentration in meditation or on one's work.

One may experience a constant lack of spiritual progress and frustration over hitting some upper limit in one's meditation that is never passed, even after years of practice.

One may experience a lack of enthusiasm and excitement in general… especially during the practice of yoga and meditation.

Going into samadhi may become difficult and even if achieved not very long lasting and enjoyable.

Nerves may overheat, kundalini energy may become bothersome instead of thrilling and blissful.

One may become easily bored with spiritual subjects and feel rather stuck in the body or depressed about one’s situation in life.

Even the simplest of tasks could be harder to concentrate on and/or a meaningless punishment instead of an inspiring duty.

Many projects may be harder to complete causing one to be more flaky, fickle, and unreliable.

One may tend to forget one’s higher purpose and natural sense of duty and fail to carry it through.

One may encounter much less enthusiasm or courage to face a stressful or challenging situation.

One may feel a lack of competitiveness, commitment, strength, resilience, gusto and zest.

One may find one’s self “missing something” or sense emptiness inside along with a feeling of loss or regret.

One may try to fill in the void (or gaps between orgasms) with drugs, alcohol, overeating, or other addictive or compulsive activity.

If alone, one may feel a lack of love or feel very unloved and suffer from a strong, addictive urge for companionship and love from a member of the opposite sex.

If in a relationship, there is the strong tendency to become codependent and/or

to expect more giving from the other person.

Strong emotional dependency on or attachment to others.

One's marriage or relationship may go through a period of withdrawal or disinterest until the sensual energy builds up again.

In some cases, one may even start to look for another partner and/or suddenly feel very bored or even impatient with one's present mate.

It may take as long as two to three weeks to recover from a period of sexual overindulgence resulting in loss of vital fluids. However, the *Science of Wholeness* diet, herbs, antioxidants, pure lifestyle, *etc.* is the best and fastest way I know of to recover from loss of creative fluids or lack of libido energy.

Of course, there are many variables and exceptions to the above. For example, the more naturally prone to depression, anxiety, *etc.* the more likely and easily one could be adversely affected. And then on the other hand, I am sure there are always going to be some lucky, young and vital individuals who can enjoy a lot of conventional sex and yet hardly notice anything.

There is always bound to be some contrary evidence and I have found some myself, but all in all, the conservation and transmutation of sexual energy seems to create the most reliable, and long term benefits and is the safest, most sure bet for those who are serious about achieving real, lasting spiritual progress, success and benefit.

The symptoms of having gone through several weeks of successful abstinence and transmutation while using the principles of the "wholeness" lifestyle are as follows:

Increasing bliss, day after day!

One's body feels lighter and lighter, and charged full of blissful energy!

To one's astonishment, one discovers one can get by with less and less food yet enjoy more energy, strength and bliss.

Addictions to food, love, relationships, drugs, *etc*. seem to drop away and are replaced by a sense of self-control and easier decision making.

One becomes more and more "breathless" and all the highest states of samadhi obtainable.

Nerves may feel great, while kundalini energy becomes thrilling and blissful.

One becomes less sensitive or concerned about heat and cold, hunger, or other outside conditions.

Ever deeper meditations, much more focused, clear thinking, deeper and deeper serenity and joy!

One may experience an increase in enthusiasm and excitement in general… especially regarding the practice of yoga and meditation.

Going into samadhi becomes easily achieved, very long lasting and enjoyable.

One's daily tasks become more and more easy and exciting to fulfill and sensed as an inspiring duty.

Many projects become easier and easier to complete, one seems to become more and more together, intent, and reliable every day.

One may feel a daily increase in a sense of competitiveness, commitment, energy, strength, resilience, gusto and zest.

One finds one's self deeply fulfilled, full of ever increasing joy along with a feeling of prosperity, success and contentment.

One naturally becomes inspired by spiritual ideals and becomes ever more free from ego, attachment to the body, and ever more transcendent to one's situation in life.

Most amazing of all, there is an ongoing accumulation of bliss (ojas) that lifts one up to ever deeper and deeper levels of ecstasy and fulfillment. One easily progresses through ever higher spiritual states of inner joy, peace and finally enlightenment!

This chapter was all about how to find and enjoy super-sensual wholeness. You can now live in bliss during work, sleep, and recreation. It is now possible to "fly your kite" (your spirit!) whenever you wish, as high as you could ever dream for as long as you would like. All the conditions of the *Science of Wholeness* lifestyle must be met, and you must change the way you have and think of sex, while inspiring yourself with the goal of transmutation, liberation and total freedom. All your desires, consciousness, *etc.* must be redirected inward toward God or Spirit and away from the body, material senses, ego, mind, *etc.*

What you do to transmute is what you do to find wholeness and whatever you do to find wholeness is what you need for transmutation.

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Chapter Six (6)

Conserve Sexual Fluid for Better Psychological Health

Back to Contents Try to find a website promoting celibacy in a positive way and it is like trying to find a needle in the proverbial haystack! Do I have to be just another "voice in the wilderness?" I am all for love and affection between man and woman, however it is possible to benefit from an even higher, more emotionally fulfilling and much more stable affectionate relationship if both somehow learn to conserve and channel their sexual energy into higher divine love and bliss. In this attitude of transmutation I found much more joy, satisfaction and fulfillment in my life than ever before regardless of being in a relationship or not. I discovered a freedom and happiness like that of a vital youngster combined with the wisdom of a master.

As natural as the sexual experience is, it has quite an effect on the brain that is OK for those who are not concerned about genuine success and fulfillment in life, spiritual progress and other related forms of self-improvement, but can be quite devastating for those who are concerned about the spiritual path and long to be free of stress, worry, anxiety and all the other depressing effects of daily life. Changing one's reproductive habits can increase levels of L-dopa in the brain (which help to maintain emotional stability) and prevent high levels of the depression hormone prolactin which can cause unpleasant moods.

As popular psychology continues to promote the so-called virtues of sensual sex and orgasm, I see the world getting more and more screwed up and confused than ever before. Contrary to popular opinion, a life of long established sensual abstinence and purity of thought can be more natural and fulfilling with very

much reduced anxiety and depression.

Sex was never intended by Mother Nature to be a recreational form of activity nor meant to be something that can actually create pleasure. Sex is rather an activity primarily intended for reproduction which unfortunately uses up one's natural ability to enjoy pleasure that quickly leads to a point of satiation and exhaustion. Just as a huge dish of lemon meringue pie is consumed, one quickly becomes full and can no longer stand another bite! On the contrary to the effects of stopping eating altogether, abstaining from all forms of sex does not harm the individual or cause starvation! Very long periods of abstinence heightens one's sensitivities, one's enthusiasm and one's desire to enjoy life and to accomplish great things.

Sex is "nature's conspiracy" to promote her agenda which is to keep the soul tied to the body, mind, physical senses and all the cares, hardships and sufferings of the world while forcing male and female to initiate a process of the creation of a new body, and to help perpetuate the process of evolution. Lucky indeed are the few wise human beings who have found a way to consciously extract themselves from all erotic feelings and thoughts and fly free of this "sex conspiracy!" Those who are able to permanently transmute and transcend this great conspiracy will eventually find themselves filled with a profound joy and inner freedom so awesome that it would seem quite stupid to ever go back to the former way of "hedonistic" life that's so limiting, and so self-destructive.

To be free from all the tyrannies of sense slavery is the greatest freedom anyone can ever have. The true swami, the real masters of yoga are such souls, ever free from the pull of nature so that they answer to no one and are completely free of all desires and addictions except for the profound inspiration to journey ever higher toward God or ultimate purpose, freedom, love and wholeness. Eventually such extraordinary beings are able to develop a memory so profound

that they can recall past lives, develop amazing powers, and enjoy remarkable inner astral travels and journeys toward the higher spheres.

Sex is nature's way to prevent the soul from flying free in pure states of high bliss out of the cage of the body! I strongly suspect the strong popularity of sex is also a way to keep souls reincarnating into lives of continuing pain/pleasure and hardship/success! Sex is nature's method of keeping the game of birth, suffering, death and evolution an ongoing process. As far as I know, a lifetime of deep meditation, and carefully guarded and fully transmuted strict celibacy is the fastest and only way out into the eternal spheres of heaven. Even death is no guarantee of an escape because the same sorts of desires and seed desires remain in the soul and will try to manifest themselves in another physical lifetime.

When transmuted properly through raw food diets, natural herbs, yogic lifestyles, and various forms of recreation such as swimming, long walks through natural places and deep meditation, stored sexual energy can eventually heal all anxiety disorder, depression, *etc.* and lead one into wonderful vistas of bliss, wholeness, better memory and far greater resistance to stress, frustrating problems and loneliness (addiction to others). I have found great inner joy and freedom from anxiety disorder and depression through conservation. Life is worth living again.

Erotic or vital energy is stored in every cell of the body, especially in the reproductive fluids, spinal cord, brain and nervous system. The more sexual/vital energy/fluid one can transmute/store in the body, the more whole and complete one feels. When one learns yoga from an eastern master, one is often reminded of the importance of conserving vital fluid to improve one's ability to concentrate and go further into the blissful heights of meditation.

Of course for centuries celibacy has been valued, practiced and fully mastered

by the wisest persons who ever lived. After years of carefully transmuted celibacy, one becomes quite proficient at going into samadhi, astral projection, memory of past lives, and benefits from great inner joy, selfless service and love of others and God, emotional independence, happiness and satisfaction.

There is also an energy in the Universe called prana. Mystics have written about this energy for thousands of years and all life on this earth is intimately connected to this primal "zero point" energy field which is ultimately responsible for the creation and expansion of the universe. Conserved sexual energy combines with prana to create ojas, a vital "ectoplasmic" sheaf or bioplasmic auric field that acts as a link between the physical and the spiritual. The absorption of prana into the body through the magnetic attraction of reproductive energy is also the main way transmutation occurs. None or little prana is absorbed if no erotic energy is available.

I can sense this pranic vitality in nature, I therefore know that prana exists beyond a shadow of a doubt and has the potential to provide blissful, joyful and liberating energy directly to every cell in the body while transmuting sexual energy into bliss and reducing the need for food. Some very advanced yogis discover they can fast for very long periods of time and even go breatharian. It is tragic that so few people know about these great truths and again it is so tragic that the average indulgent and extremely materialistic western lifestyle makes it nearly impossible for most people to experience these higher realities of life such as prana, samadhi, astral travel, past lives, *etc.* and therefore tend to debunk all such beautiful possibilities as some sort of fantasy or self-deception.

There are many serious misconceptions of the kind of celibacy I am talking about and I will try to sort out as many as possible right now:

I do NOT mean the sort of celibacy forced upon others because of a lack of a

mate.

I do NOT mean the avoidance of affection and love between a man and woman, but rather a dramatic increase of profound love, appreciation, unity and affection between the sexes.

I do NOT mean the sort of celibacy as a result of negligent old age and/or poor health.

I do NOT mean the sort of celibacy as a result of some sort of hang-up, self-punishment or guilt about sex.

I do NOT mean the sort of celibacy misused as a demonstration of a "holier than thou" egotism.

I do NOT mean the sort of celibacy as a result of a religious belief or fanaticism.

I do NOT at all mean eliminating or destroying the sensual desire! I rather mean the transforming of that desire into something much more valuable, practical, lovely and beautiful.

I do NOT mean weakening the erotic desire in any way, but rather strengthening it and transforming it to serve your truest needs and highest fulfillment!

I do NOT mean sacrifice, but a daily exploration of ever higher states of consciousness and deeper states of joy and bliss through transmutation via direct connection with nature's pranic vitality, deep, blissful meditation with the all-important goal of self-realization.

And I do NOT mean the sort of celibacy as a result of any sort of sexual disfunction, erection difficulties, *etc.* Such deficiencies should immediately be cleared up with a healthy, raw food diet along with the use of vital adaptogenic "potency" herbs such as rhodiola rosa, ginseng, maca, *etc.*

However I DO mean the avoidance of all forms of sensual stimulation (including masturbation, pornography, and even thinking and talking about sex) as best as one can as comfortably as possible through natural and yogic methods of deep meditation, deep relaxation, transmutation and re-channeling one's sensual and emotional interests and energy toward spiritual aspirations. Transmutation involves the exchanging of a lower fulfillment for a higher one indefinitely or until the most complete state of joy, love and realization is reached.

With practice, knowledge, heathy diet, lifestyle and years of experience, vital fluids can be contained even with the elimination of wet dreams without any ill-effects and only very positive effects such as an amazing sense of virility, potency, self-confidence, emotional stability, divine love and compassion for all humanity. At any age and especially if one is over 40, it is important to make sure one's diet contains excellent herbs and raw foods that fully support the reproductive organs such as pumpkin seed, bee pollen, chlorella, saw palmetto, rhodiola rosa, maca, epimedium, goji berries, figs, apples and other fruit.

This sort of diet is needed because total physical health and the expansion of sensual functioning and vital energy into bliss is critical for success in this essential process. At first the transformation process is completely dependent on some form of transmuted erotic energy and inconsistent reproductive energy would therefore create inconsistent results such as having to regularly suffer through days of seemingly no progress. Imagine trying to run your washing machine, TV, *etc.* on intermittent electrical service!

It is a natural law that the the most worthwhile effects require the most consistent effort and patience, and without some sort of definite cause how can there be any effect or result? Patience, experience, self-knowledge, wisdom and long-term commitment is also an essential part of this life-long process as it is very difficult to change deeply ingrained emotional habits that may have lasted for lifetimes! In other words one cannot be celibate overnight and then expect immediate results. Committing to celibacy is as involved as changing the direction of a raging river, or climbing Mt. Everest, which is no doubt something that requires a great deal of conscious application over a long period of time. It is worth every effort however!

Presently, most people's raging "river" of vital energy, desire and sexual fluid "short circuit" straight out through the genitals where it is permanently lost, leaving one empty, spent and exhausted. One must learn how to change the direction of this "river" of desire through celibacy and then by redirection of this flow of desire up through the channel of the spine as a river of white light into the centers of consciousness starting with the solar plexus (in center of spine in back of navel), then inside spine directly behind the heart, within the spine behind the throat and finally up in to the center of the brain, behind the forehead. In this way an old habit and way of thinking is replaced by a new one.

When one feels overcome with erotic feelings, imagine the in-going breath is like a pump sucking up the waters of desire from the base of the spine up through the energy centers until the top of the head is reached. Do this practice as a form of meditation: visualize the creative force (instead of being stuck in the genitals) being drawn back through the second chakra inside the spine near base of back and up through the higher centers as just mentioned and finally stored at the top of the head as an expanding halo of light. This effect actually happens! Note we are not completely blocking creative desire or energy, just plugging the "leak" at the base of the spine so that the "river" flows up the spine instead where

it can be transformed into ojas, ecstasy, love, and used for higher and finer achievements!

One needs to use various methods of directly absorbing prana (subtle atmospheric energy) into one's body through meditating out in nature and doing various yogic breathing exercises and if indoors, by sitting in an actual flow of wind or with use of a fan to blow cool air directly on the body, or through a swim in a natural setting, or simply having a cool bath.

There are various ways of getting prana into the body and this absorption of prana is critical for transmutation and much stored sexual fluid and libido must be present to attract and absorb prana into the body where it combines with vital fluid to create ojas which is a vital, subtle substance of tremendous value. Brahmacharya is another word for the celibate lifestyle.

It is vital to know exactly how transmutation occurs. If one tries to be celibate too early in life, without redirecting the creative force, and without keeping the mind free of erotic thoughts, one may soon experience great confusion and discomfort because an untrained subconscious mind and the raging hormones of youth will fight all efforts to retain vital fluid and force sexual fluid release either through wet dreams or spontaneous emissions during deep relaxation. However, never despair if one fails or slips; sincerely trying and failing to be celibate is 100% better than not trying at all.

For most young people, even a few days of celibacy would be tricky and challenging; if it were easy, and everyone knew the benefits, everyone would be celibate and there would be no more population growth. I am laughingly convinced that conventional reproductive activity is the real root cause of all of human problems!

Before 100% complete transmutation occurs, most spiritual aspirants tend to go through several stages of celibacy. Some of these stages may overlap and last up to several years, even decades.

Level #1: moderation of sex down to once or twice a month and more emphasis on loving affection.

Level #2: mastery of tantra yogic disciplines and transmutation techniques and technologies so that release occurs only occasionally.

Level #3: complete purification of mind so that there are not even any more thoughts of sex and no more serious losses of vital fluid ever again, only pure love and profound affection.

Level #4: 100% transmutation, 100% freedom of spirit, 100% joy/fulfillment, and permanent abstinence from all forms of sex including physical, astral, and causal which is the goal. If in a relationship, one enjoys a perfect, constant, and profoundly satisfying love and unity with each other's heart and soul.

Once all subconscious and conscious desires are fully transmuted (transformed into spiritual bliss) and the mind is 100% calm, the spirit becomes free, one is forever after thrilled through and through with amazing bliss and profound joy and liberated from ages of suffering!

Successful 100% complete transmutation of erotic energy into a higher form of expression such as joy, love and wisdom is a truly rare and wonderful thing. This concept is closely related to the ancient alchemical teachings regarding the transmutation of lead into gold illustrating the fact that one ends up with something much more valuable than before! Celibacy is the difference between a holy man and a homeless man!

Celibacy may not be suitable for the adolescent just starting to explore and understand the experience of "sex" and who would not yet properly comprehend or experience the full meaning of the term "celibacy." It may not be suitable during one's teens and twenties, because at that age, the body normally creates much more sexual fluid or semen than one can comfortably contain.

Celibacy is not for the immature and/or materialistically minded who's interests don't really include the conquest of desires and realization of higher spiritual truths. It is also important not to brag about or even talk unnecessarily to others of being celibate for two reasons: #1 - you never know when you might lose it(!) and #2 - any egotistic "holier than thou" attitude of false superiority is deplorable and detrimental to spiritual growth.

Celibacy helps to provide the conditions necessary for the permanent elimination of all the ups and downs of stressful living and the achievement of emotional self-healing. One needs to be seriously devoted to the spiritual path, meditation, and forever willing to keep to a life-long commitment.

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Chapter Seven (7)

Transcending Metabolism to Rejuvenate Body Cells

Back to Contents This chapter will be about samadhi, the science of breath control, the near death experience, how to transcend the restlessness of life and respiration, and how to rejuvenate the body cells using sexual energy, transmutation and electrical energy. An amazing miracle of bliss and consciousness lies between every breath. One can become fathomless joy when free of breath. Breath is the cord that ties the soul to the body.

As time marches on, the stress of respiration (breath and metabolism) thrashes

away at the cells of the body, via damaging free radicals (molecules and/or atoms missing an electron) until not much is left of the original, once healthy, beautiful and vital form so sadly taken for granted throughout youth. So they say that youth is wasted on the young! The implications of mastering the breath and stopping one's metabolism not only could mean the elimination of the aging process, but also the start of a massive spiritual renaissance.

One's very experience of life itself as a sequential series of events is mainly caused by the thermodynamic arrow of time within the metabolic engines of brain cells. Because the thermodynamic process is asymmetric, one's physical experience of life will always be a constant, irreversible moment by moment drift from the past and into the future but never back towards the past.

All experiences through the five physical senses are bound to the four dimensions of time, space and causation which is subject to all the rules and restrictions of nature which forces everyone through the torments of birth, hard work, suffering, aging and death. But what would happen if one could suspend metabolism?

Breath is what ties the soul and body together, so that awareness cannot escape from the prison of the flesh and five senses. When breath is somehow suspended through yoga, metabolism is slowed and therefore the aging process as well, because the aging process is an unfortunate consequence of the essential process of the absorption of oxygen and the consumption of carbohydrates by every cell of the body.

Oxygen is one of the most chemically active elements there are in that it will combine with almost anything that it comes in contact with. In respiration, that means it will combine with the carbon and hydrogen in carbohydrates (sugars) causing a release of energy (electron donation in the mitochondria of all cells) through the Krebs cycle resulting in the final products of carbon dioxide (oxidized carbon) and water ("rusted" or oxidized hydrogen). Hydrogen, another

chemically unstable element, is the lightest "metal" on the table of elements, by the way.

Even though the presence of oxygen is required for life, its presence in the body is also the main cause of the free-radical induced aging process and an essential aspect of nearly all degenerative diseases. This "Dr. Jekel, Mr. Hyde" aspect of oxygen is truly amazing. On one hand it is essential for cells to create energy and to carry out all their functions, but on the other hand, when not properly utilized, free oxygen can go on a cell-destroying rampage, ripping off parts of DNA, while damaging fatty tissues, turning oils rancid, cross-linking collagen and initiating other degenerative processes toward diabetes, high blood pressure, impotence, stroke, heart attacks, cancer *etc.* That is why it is so essential, especially in areas where there is so much pollution, solar radiation, vehicle emissions, *etc*. to maintain a constant supply of antioxidants to help protect every cell of the body.

There are constant rumors about Himalayan yogis living 300 years or even longer. Various stories of great feats of aging and other miracles have floated around India for centuries. There must be some truth to these amazing wonders, or how else can these stories be so persistent? I am sure it is easy to find many exaggerations and tall tales to heighten the mystique of yoga to draw in more tourists! However, the principles of yoga are ancient and real, while scientific research has long ago proven the validity of a yogi's ability to slow down the heartbeat, respiration, and in many cases completely stop it!

Naturally, if one can slow down breath, heartbeat and even stop metabolism, the presence of highly unstable, combustible and destructive oxygen is no longer needed by the still body in suspended animation. It will therefore no longer age as rapidly, if not, stop aging altogether resulting with continuous practice, the ability to live indefinitely!

However, my main objective with breath suspension has nothing to do with

trying to achieve the pleasant side effect of physical immortality, it is rather, to find and enjoy the supreme freedom and pleasure of the release of spirit from the prison house of the body, and therefore all the painful limitations of time and space while finding spiritual immortality, and if most eastern religions are correct, the permanent freedom from the rounds of birth, suffering and death.

Dolphins, which are air-breathing mammals, need to hold and retain their breath for huge stretches of time in order to remain under water along with the fish for the long periods essential to all their underwater survival activities. Dolphins have developed an amazing ability during hibernation or sleep to shut off all systems except for the slightest amount of respiration inside the heart and brain just enough to maintain the most minimal level of life support.

This adaptation is a natural, built-in biological mechanism to conserve energy during periods of famine, inactivity and/or fasting. Another interesting fact about dolphins is their amazing natural healing energy, compassion and intelligence that I would say is far greater than some humans I have known! However, we are going off the subject here. Who's to say there is not a similar ability to conserve energy somewhere in the heart of human beings as well?

The metaphysical implications are even more staggering. What about near-death experiences? Millions of people who's heart has stopped through accident or other circumstances have reported remarkable experiences of awareness or consciousness independent or separate from the physical body while being established in another, much lighter and subtler body of bliss, light and energy.

While in a coma, many souls were actually able to see events miles away in the physical world which were verified later on and could not possibly have been "seen" from the viewpoint of one's "dead" body. Most astonishing of all are the encounters with dead relatives, friends, angels, religious figures, tunnels with an indescribable light at the end of them, awesome celestial landscapes, and crystal architecture.

The main accompaniment to the near-death experience has always been (through some kind of accident) the complete suspension of breath for at least several minutes and only through resuscitation would the person's soul (awareness) be forced to come back to the body.

In nearly all cases is the overwhelming desire to stay "dead" because being spiritually free from the physical body is so pleasant, meaningful and beautiful that physical life is actually quite painful and extremely limiting by comparison. And, by the way, those who think all these experiences are simply artifacts of a dying brain had better study a much larger number of near-death experiences and then each one much more closely! There are hundreds of websites where one can learn more about near-death experiences.

Awareness has its ultimate roots in a higher dimension, not the brain! The brain is only a single conduit of an individual's cosmic awareness to a limited place locked into the coordinates of time and space by the thermodynamic (metabolic) arrow of time. The brain is organized to process physical experience for the purpose of physical survival, so it must insulate itself from all other levels of awareness until the time comes when there is a safe place to rest and/or meditate and/or do some form of breath control.

Awareness independent of the physical brain tends to operate outside time, space and causation and not within it. Use of a physical brain is required to allow one to operate within a specific location of time and space. The actual location of the afterlife is most likely outside all four dimensions of time and space (causation), which could make it quite challenging for any logical or scientific way or attempt to track down and study it.

Obviously, it is extremely uncomfortable and dangerous to suddenly force one's self to stop breathing. It has to be a gradual process of adaptation to lower and slower respiratory rates through long periods of constant meditation on the breath.

An Overview of Hong-Sau and its Advanced Phases outlines such a technique for this purpose which can be found at Swami Kryananda's "Ananda" website. This process of slowing breath and eventually transcending the need for respiration requires hours of daily deep concentration on the breath, deep relaxation, while either fasting or not eating anything too heavy. One needs to be quite familiar with all the principles of wholeness, yoga, meditation, conservation of sexual energy and transmutation.

One may wonder how it seems the less one breathes, the more spiritual energy one seems to have (under the right conditions). The spiritual energy received in meditation and other yogic practices comes from prana which increases to the degree the central subtle energy passage in the spinal axis (the sushumna) is opened. What is prana? Learn more about it here: The Pranic Principle. When the subtle meridians are flooded with pranic energy, the breath naturally slows down: oxidizing metabolic energy is replaced by "antioxidant" ecstatic pranic energy.

Because vital sexual energy is an essential reservoir of ecstatic pranic energy, conservation and pranic transmutation of vital fluid is required for the mastery of breath. When one has mastered transmutation, one's whole being naturally becomes infused with prana, and tends to get a great deal more pranic nourishment than one would otherwise experience! Along with the suspension of metabolism, I would find it extremely easy to live on much, much less food (calories) than what would normally be expected! So here is a real key to a lifestyle of breatharianism, at least as close as one can get to it.

One can eat when one likes instead of when one has to, and one can breathe when one likes to instead of when one has to. One can live and "die daily" without actually dying, because a master of breath is also a master of death. This awesome degree of ecstatic freedom is just the tip of the iceberg as to what a true master gets to enjoy.

I don't know how close St. Paul got to this state of being, however St. Paul in *1 Cor. 15:31* said this: "I Die Daily" which is infinitely better than just "waiting for God" or often fearfully waiting for death at the termination of one's life. Meditation and concentration in the eye center is an essential part of the process to be fully integrated or combined with the Hong-Sau breathing into what is a truly profound and powerful technique.

There is a deep connection between emotion and breath. The key to success with breath control is through control of emotions using perfect concentration on a symbol, image or mantra in the eye center to do so. Physical tension, emotions, unconsciousness, and scattered thoughts and the need to breathe are all strictly interrelated. The key to breath control and therefore complete spiritual freedom and fulfillment, is mainly through perfect control of emotions using concentration of thought on one image, mantra, or symbol, maintenance of an uninterrupted stream of consciousness, and perfect relaxation throughout the body.

Emotions are the most significant factor to keep under control. I am always amazed by how still my breath becomes once I have all my emotions under control. Just the excitement alone of suddenly realizing that I am succeeding at stilling my own breath is enough to cause me to start breathing again! It is tricky business, but this is why it takes so many weeks, months even years to fully master, depending where one is in their yoga development. I still have quite a ways to go.

Regarding the essential factor of emotion control: I can't help but think of that fictitious character Tuvok (played by Tim Russ) who was a Vulcan in *Star Trek, Voyager,* (1995-2001) meditating at least an hour a day in his hectic schedule just to fully master his emotions. Even that slight sentimental tinge of sadness I get from recalling any favorite "deceased" science fiction show (such as an old *Star Trek* production or an episode from *Babylon 5*) was enough to jolt my breathing

halfway back to normal. That is why it is essential to also keep thoughts from wondering as well.

Emotion is the single greatest force or power of the psyche to contend with. However, once emotions are fully mastered, so will life itself. Emotion is the underlying foundation for all desires, addictions, cravings, habits, suffering, and personal shortcomings. Real, lasting peace, perfect character, and perfect contentment can only happen when all emotions are fully sublimated. The human soul is trapped by the main centrifugal pulls of desire or emotion, and liberated by the centripetal (back toward center of origin) force of yoga.

Breath control though perfect mental concentration/emotional control while using the Hong Sau technique, may very well be the single most important and essential all-empowering combination of disciplines ever which can obviously be of great benefit to one's daily life as well.

This process of overcoming the need for oxygen is the key to everything spiritual such as real, permanent love, joy, freedom, and ecstasy; out-of-body travel, astral projection, communication with spirits, cosmic consciousness, and most beautiful, fulfilling and rewarding of all: direct, personal contact with God! All of it really is totally glorious and beautiful beyond words which I am as anxious to find as I would be to be with my wife on my wedding night.

Once one has fully mastered breath control, the implications for personal freedom and spiritual growth are staggering. Obviously, not many yogis get this advanced and there is very little research done on the actual experiences and level of freedom enjoyed by such rare individuals. However, they tend to be Christlike and always full of immense light, love, joy, laughter and healing wisdom. To meet such a Master as this is a rare privilege and honor indeed. Sri Yukteswar was one great example of such a master. He was considered a "God" by Yogananda, author of that awesome book, *Autobiography of a Yogi*.

Many of the most genuine, greatest, and successful yogis of India tend to be the ones who have mastered breath control. A good question to test the validity or ability of one's guru or teacher is to ask him or her if he or she has mastered breath control! Even though there are other essential aspects of yoga such as devotion, tantra, and bhakti (yoga of love), none are of as much pivotal significance as breath control. Those who haven't will most likely say it is not important! Caveat emptor!

I personally find it very desirable to slow my breath during meditation. It seems the more I can do this, the calmer I feel and more relaxed, blissful and centered in spiritual awareness I become. The body gets more and more still and even stiff as metabolism suspends itself more and more. Why is this so important? Breath related physical and mental tension and restlessness are the main obstacles to spiritual freedom and well-being.

Once one has mastered the freedom to leave the body at will, ultimate spiritual freedom, fulfillment and knowledge is obtained. "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." -- *St. Matthew 6:33*.

That "kingdom of God" (or heaven) is within all sentient beings just as every single clear evening dewdrop on a branch or tree contains a perfect reflection of all the stars of the universe at night. Therefore, within every one of us can be found an awesome, amazing universe of pure love, joy, infinite wisdom and wonder to unfold. Regular access to this ultimate inner treasure of God, unfortunately does require the complete withdrawal of consciousness from all five senses mainly through hours and hours of perfect concentration at the "eye" center (third eye) and through the suspension of breath, heartbeat and metabolism.

For more information on this vital subject please read: *Concentration on the Breath Leads to Inner Stillness* by Swami Kriyananda (a direct disciple of

Paramhansa Yogananda).

Electrical Energy and Water

Back to Contents One can rejuvenate cells using electricity, supplements, and erotic energy. It is possible to rejuvenate an older body back to a much more youthful level of functioning. This "miracle" of cell rejuvenation is possible at any age through using various adaptogenic herbs, antioxidants, ionized water, conservation of reproductive energy and regular bathing in a tub that is infused with 6 to 12 volts direct current electrical energy from a battery.

Obviously one must be very, very careful when experimenting with water and small amounts of electricity! Of course one would ONLY use the DC current from a 6 to 12 volt battery and NEVER use house current!!! If there were no potential hazards or dangers naturally inherent in combining electricity and water I would be recommending this technique to everyone all over the world, because the benefits are shockingly (sorry) tremendous and quite revivifying. Direct current electricity can be used to create the most perfect sexual transmutation and kundalini action I have ever known, resulting in immense bliss and inner joy. The circulation to all major organs is improved quite dramatically.

Of course, one must be very careful when exposing the body to electricity, and therefore one must go very slowly and cautiously, especially at first, because even small amounts can cause skin burns, skin dryness and strong muscle contractions. One needs to gain much direct experience and confidence with this method. Because the heart is one huge muscle, a direct encounter with even a small amount of electricity and the heart can be fatal. One must therefore take all precautions and use good common sense.

The scientifically documented rejuvenating effects of direct current electricity on the body cells can be read about in *The Body Electric* by Robert O. Becker and Gary Selden. However, electricity on its own may have little or no blissful effect unless one also fasts regularly on ionized water or fresh spring mineral water,

conserves creative energy, meditates successfully with intense concentration, and includes in one's diet raw FRESH organically produced cage-free eggs, hemp seed milk, DHA flax seed oil, kombucha, adaptogenic herbs (ginger, ashwaganda, rhodiola rosa, maca, saw palmetto, pygeum, nettle, etc.), a whole spectrum of brain and nerve building supplements, vitamins, green powders, protein powder, and vegetable juice.

Transmutation with Ice and Ice Water

Back to Contents One of my favorite ways to transmute a really strong compulsion is to use ice and to bathe in ice water, but very carefully! Cold water and especially ice has a powerful prana drawing effect and will numb the skin yet will draw concentrated amounts of prana into the body very rapidly. Ice seems to also have a remarkable, circulation enhancing and rejuvenating effect on the sexual organs.

However, only use melting ice, NEVER use freezing ice which can cause frostbite. Always allow the ice to start melting for a while before using it for transmutation. Also NEVER bathe in ice if you are diabetic, suffer heart failure, and/or have skipped any of the previous steps in this book especially those related to health, circulation, physical fitness and well-being. There is also the risk of hypothermia too, so keep the room warm enough (80 to 95 degrees F) to stay comfortable!

Anyone can live a truly spiritual life if one is willing to try some of the above unusual methods of transmutation while conserving one's sexual energy. In this last chapter, I have spelled out many advanced concepts and new approaches in the age old quest for lasting bliss, inner joy, and cellular rejuvenation.

Please keep the following link handy because it is where I store my latest diet, herb and supplement information for most effective and fulfilling transmutation and wholeness that I know of.

Holy Grail - Amazing Regimen for Spiritual Growth:
http://wholejoy.com/scienceofwholenesparttwo/id7.html

Thanks for reading this ebook and may your life be richly blessed and prolonged with the spiritual joy of celibacy or sexual conservation and transmutation!

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References:

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For more information outside of this website on the subject of celibacy (brahmacharya), please read following article by Bill Eilers and Susan Eilers: The Divine Life: An interview with Swami Chidananda

The Five (or Six?) Tibetan Rites: For a fascinating account of the benefits of celibacy and a way to transmute the sexual urge, go here: The Sixth Rite from the book: Ancient Secret of the Fountain of Youth

Awesome Wisdom on Sexual Relationships — Transmuting Lust into Love: Reuniting — Healing with Sexual Relationships

Scientific Support for the Wisdom of Avoiding Conventional Orgasm: Seeds of the Unwelcome Separation Between Man and Woman

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The Author's Websites:

My original site: http://www.wholejoy.com/
My new website: http://www.scienceofwholeness.com/

My free online manual - The Science of Wholeness:

http://www.wholejoy.com/scienceofwholenesspartone/

Holy Grail - Amazing Regimen for Spiritual Growth:
http://wholejoy.com/scienceofwholenesspartttwo/id7.html

The complete and most up-to-date list of all books by the author:
http://wholejoy.com/I/Spiritual-Books.html

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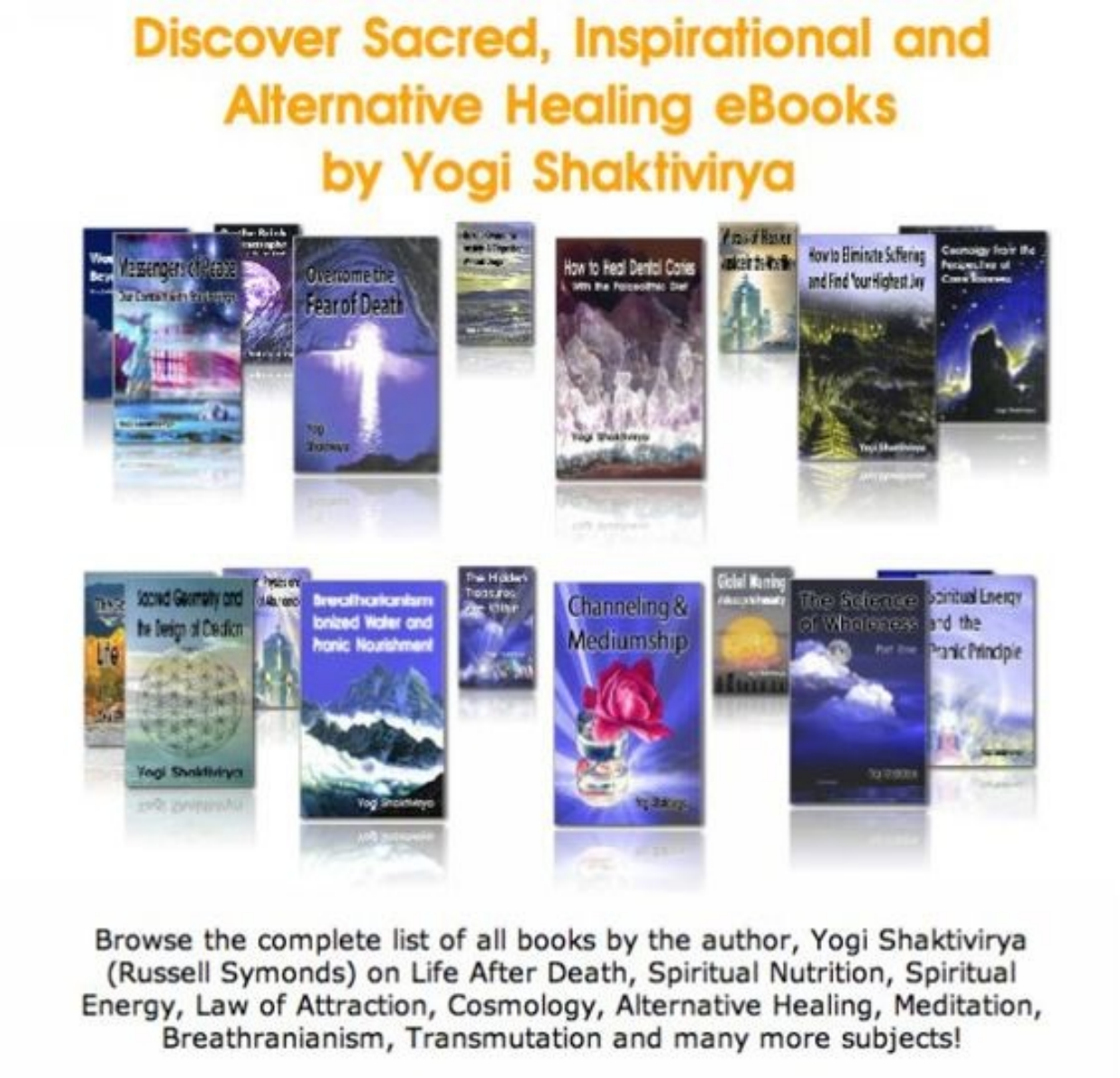
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The complete and most up-to-date list of all books by the author:
http://wholejoy.com/I/Spiritual-Books.html

You might be interested in purchasing my E-Book: Seven Steps to Wholeness

Back to Table of Contents Living a pure lifestyle while improving one's attitude with scientifically validated spiritual truths related to prana, transmutation, meditation and samadhi helps a great deal to understand and live life better. For more information regarding celibacy, diet and transmutation you might be

interested in the following amazing ebook, *Seven Steps to Wholeness*.

Learn how to save thousands of dollars per year in medical and dental bills. Learn how to stop and even reverse the aging process. This guide will be thousands of times more valuable than what you paid for it! Save yourself from massive amounts of anxiety, fear, depression and all other forms of suffering. The healing power of alkaline mineral water and antioxidants is awesome! You will learn how to create your own alkaline miracle water and learn about which foods contain the best and most quantities of antioxidants and why. For the most incredible breathtaking breakthrough in the history of your life, Go here.

Learn more about the author and his website at: Science of Wholeness

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